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In the claims:

Please amend the claims as shown below:

1. (Currently amended) A method of receiving a bullet,  
5 comprising:  
providing a plate structure ~~(62)~~ having an airtight enclosure  
~~(64)~~ enclosing high performance fiber layers ~~(66)~~, a hard  
layer ~~(68)~~, a textile layer ~~(70)~~ having openings defined  
therein and a semi-solid layer ~~(72)~~;  
10 a bullet penetrating through the airtight enclosure ~~(64)~~;  
increasing a pressure and expanding a volume inside the  
airtight enclosure;  
the increased pressure and volume separating the layers ~~(66)~~  
from the hard layer ~~(68)~~ and the textile layer ~~(70)~~ from the  
15 hard layer ~~(68)~~;  
the hard layer ~~(68)~~ deforming the bullet;  
the textile layer ~~(70)~~ attaching to the bullet to follow the  
bullet; and  
the semi-solid layer ~~(72)~~ sticking to the bullet.  
20
2. (Currently amended) The method according to claim 1  
wherein the method further comprises inserting the plate  
structure ~~(62)~~ into a pocket ~~(50)~~ of a vest ~~(10)~~.
- 25 3. (Currently amended) The method according to claim 1 wherein  
the method further comprises attaching a side plate ~~(38, 40)~~  
to a lower edge ~~(42)~~ of the vest ~~(10)~~.
- 30 4. (Currently amended) The method according to claim 1  
wherein the method further comprises the increased pressure  
expanding the enclosure ~~(64)~~ to create room between the layers  
~~(66, 68, 70)~~.
5. (Currently amended) The method according to claim 1

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wherein the method further comprises providing the plate structure ~~(62)~~ with a polymeric layer ~~(80)~~ having a plurality of air-bubbles ~~(82)~~.

- 5      6. (Currently amended) The method according to claim 5 wherein the method further comprises the polymeric layer ~~(80)~~ transversely spreads out penetration energy of the bullet.
- 10     7. (Currently amended) The method of claim 1 wherein the method further comprises placing a trauma plate ~~(84)~~ behind the plate structure ~~(62)~~.
- 15     8. (Currently amended) The method of claim 1 wherein the method further comprises removably attaching a gas mask bag ~~(54)~~ on a rear section ~~(44)~~ of the vest ~~(10)~~.
- 20     9. (Currently amended) The method of claim 1 wherein the method further comprises the textile layer ~~(70)~~ being a woven fiberglass, the woven fiberglass attaching to the bullet and the semi-solid material ~~(72)~~.
- 25     10. (Currently amended) The method according to claim 1 wherein the method further comprises providing a second textile layer ~~(74)~~ and a second semi-solid layer ~~(76)~~, the layer ~~(74)~~ and the layer ~~(76)~~ sticking to the bullet.